

Kids for Peace presents



We challenge you to perform as many kind deeds as you can in one day. Using the list below, check off your acts of kindness as you go. Have fun!

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**Saturday,
August 8, 2009**



The Challenges

- ☐ Smile at 25 People
- ☐ Take a Treat to Your Local Firefighters
- ☐ Do a Household Chore Without Being Asked
- ☐ Pick Up 10 Pieces of Trash at the Beach
- ☐ Sing a Song at a Senior Center
- ☐ Read a Book to a Younger Child
- ☐ Deliver Donuts/Bagels to a Police Officer
- ☐ Feed the Birds
- ☐ Help an Elder Cross the Street
- ☐ Push Someone on a Swing
- ☐ Pick Up Trash in Your Neighborhood
- ☐ Make a New Friend
- ☐ Write a Thank You Note to Your Mail Carrier
- ☐ Walk a Cat or Dog
- ☐ Plant a Tree
- ☐ Say "Hi" to a Homeless Person
- ☐ Water Your Plants
- ☐ Help Clean Up a Park
- ☐ Take Water to a Lifeguard
- ☐ Write a Love Note to Your Caretaker
- ☐ Paint a Picture and Give it to Someone
- ☐ Host a Lemonade Stand and Donate Proceeds
- ☐ Recycle Your Trash
- ☐ Hug Your Sibling or Friend
- ☐ Cut Out 10 Hearts & Leave Them on 10 Cars
- ☐ Compliment 5 People
- ☐ Thank an Elected Official for their Service
- ☐ Leave a Flower on Someone's Doorstep
- ☐ Donate Something to an Animal Shelter
- ☐ Call Your Grandma or Grandpa
- ☐ Walk or Bike Instead of Driving
- ☐ Write a Thank You Note to Your Librarian
- ☐ Say "Good Morning" to 5 People
- ☐ Wash a Neighbor's Car
- ☐ Bring a Teddy Bear to a Child in the Hospital
- ☐ Draw a Heart in the Sand or Dirt
- ☐ Send a Card to a Military Friend
- ☐ Make a Wish for a Child in Another Country
- ☐ Donate Food to a Food Bank
- ☐ Hold the Door Open for Someone
- ☐ Write a Happy Message with Sidewalk Chalk
- ☐ Leave a Painted Rock on a Friend's Doorstep
- ☐ Make Sack Lunches for the Homeless
- ☐ Donate a Toy or Item of Clothing
- ☐ Hang a Happy Poster in Your Neighborhood
- ☐ Call a Radio Station and Wish Them a Nice Day
- ☐ Thank a Bus Driver
- ☐ Sweep the Sidewalk on Your Street
- ☐ Help Plant a Garden
- ☐ Create Your Own Kind Deed

Please visit our website to submit photos, videos and stories of your kind deeds.

www.greatkindnesschallenge.org